# At Home COVID-19 Testing in California – What You Need to Know

## Test at home and keep your friends, family & community safe.

### When should I test for COVID-19?

1. **If you have any symptoms** – test immediately, even if you are vaccinated. If your test is negative but you continue to have symptoms, test again 24-48 hours later. Low amounts of virus early in infection can sometimes be missed by a test, and the test can be positive a few days later.

2. **If you have had close contact to someone with COVID-19,** please follow current guidance on isolation and quarantine.
   - Test immediately if you have symptoms of COVID-19 at any time.
   - Test within 3-5 days after exposure if you have no symptoms*

*If you recovered from COVID-19 in the last 90 days and do not have new symptoms after a close contact, you do not need to test.*

3. **Consider testing *before* AND *3-5 days* after a gathering, a large event or travel,** especially if around people who are higher risk (older adults, immunocompromised, unvaccinated people). If traveling, read our travel fact sheet.

### Where can I get an at-home test?
- Order 2 sets of 4 free tests per household at COVIDtests.gov. Tests will be mailed to your home in 7-12 days by USPS.
- At your local drugstore, in-store or online. Tests are usually about $10 each.
- Insurance companies pay for up to 8 at-home COVID-19 tests for each person every month. Contact your insurance provider to learn how you can be reimbursed for home tests.

### What if my test is positive?

If you test positive, you have COVID-19. Follow recommendations to prevent spreading the disease to others. Reach out to a health care provider and learn about COVID-19 treatments. If you have severe symptoms call 911 or go to the nearest hospital.  Report your positive test on canotify.ca.gov.

### What if I cannot work because of COVID-19?

If you can't work because you have COVID-19 or were exposed, you can file a Disability Insurance (DI) claim. If you can't work because you are caring for a family member, you can file a Paid Family Leave (PFL) claim. Both claims must have a note from a healthcare provider.

**COVID-19 can feel like a cold, allergies, or the flu and include the following symptoms:**

- Fever or chills
- Cough
- Shortness of breath
- Difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste
- New loss of smell
- Sore throat
- Congestion
- Runny nose
- Nausea
- Vomiting
- Diarrhea

**Scan the QR code to see the interactive links on this flyer.**

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